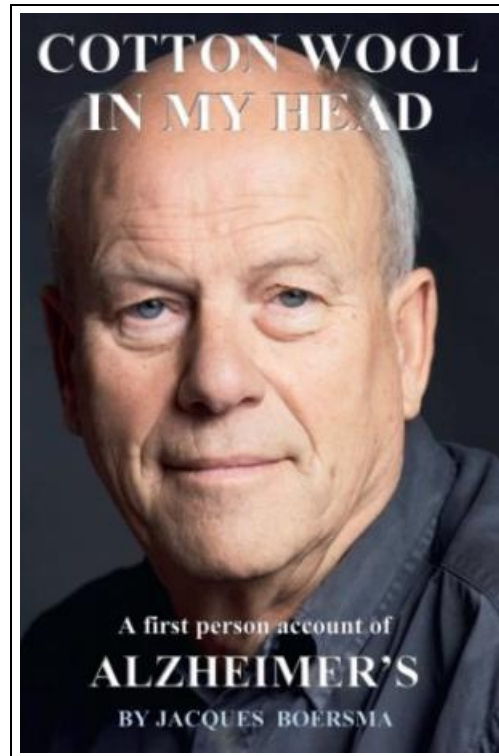


Cotton Wool in My Head: A First Person Account of Alzheimer s



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Reviews

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(Audrey Lowe I)

COTTON WOOL IN MY HEAD: A FIRST PERSON ACCOUNT OF ALZHEIMER S



Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.It s often family members who write books about their experiences with Alzheimer s, mostly the children of Alzheimer s patients. They watch their parents suffer and then feel the urge to share their personal experiences with outsiders. It is true that outsiders often have no idea what happens behind the scenes. This book is different; the author himself suffers from mild cognitive impairment, a usual precursor to full blown dementia, caused by Alzheimer s disease. When the doctor told Jacques Boersma about the strong possibility that he would get the disease, pretty soon he asked himself the question: How should I spend my time as long as my mind is still sharp? When he told a former colleague about the results of a medical exam, the colleague said something which made a lasting impression: you have struck gold here. It took a while for his words to sink in: you should put your experiences on paper and share them. The book started as a series of columns in a regional daily newspaper. Given the positive and very personal feedback, Jacques Boersma decided to publish his stories and insights as a book. He promised himself that it would be a beautiful book, both in content and in form. That s why he approached a poet and an illustrator to participate. In addition to the columns, the book includes twelve beautiful poems by Berthe Zwama. These poems align surprisingly well with the feelings that the columns provoke. The illustrations were made by Joke Dijk-Boersma. The soft colors Joke chose for her special interpretation of the columns add an extra dimension to this beautiful book. The perceived gravity of dementia...



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